

GRAPE AND CASHEW SALAD SANDWICH

The creamy and tangy goodness of low-fat cottage cheese is the perfect balance to sweet grapes and cashews. Enjoy this salad as a sandwich filling or on a bed of lettuce.

Preparation time: 15 minutes

Serves: 4

INGREDIENTS:

- 1 cup low-fat cottage cheese
- 1½ cups red grapes, quartered
- 1 stalk celery, chopped
- ¾ cup dry roasted cashews, unsalted, coarsely chopped
- Ground black pepper to taste
- 2 tbsp fresh parsley, chopped
- 8 lettuce leaves
- 8 slices whole-grain bread






DIRECTIONS:

1. In a medium bowl, mix cottage cheese, grapes, celery, cashews, parsley, and ground black pepper.
2. Toast bread and build sandwiches following steps 3 and 4.
3. Spread ¼ salad mix on 4 of the bread slices.
4. Add two lettuce leaves to each sandwich; top with 2nd bread slice.

Serving Suggestions:

Serve with a side of raw baby carrots (about ½ cup) and 1 cup of sparkling water w/ lemon wedge.



Food Group Amounts	
	¼ cup
	¼ cup
	¾ cup
	2 oz
	2 oz

Nutrition Facts	
Serving Size (251g)	
Servings Per Container	
Amount Per Serving	
Calories 380	Calories from Fat 140
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	18%
Total Carbohydrate 45g	15%
Dietary Fiber 6g	24%
Sugars 16g	
Protein 19g	
Vitamin A 80%	Vitamin C 15%
Calcium 15%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Recipe Submitted by Produce For Better Health Foundation



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